Dark Greens Chicken Salad:
- Spring mix, spinach, or kale
- 1 cup quinoa
- 6 oz. grilled chicken
- 1/2 avocado
- 1 TBS olive oil
- Drizzle of vinegar/balsamic

Dark Greens Fruit and Nut Salad:
- Spring mix, spinach, or kale
- 1 handful raw nuts
- 1 sliced apple, orange, pear, or 1 c. berries
- 1 hard-boiled egg
- 1 TBS olive oil
- Drizzle balsamic vinegar

Whole Wheat Wrap
- 1 whole wheat tortilla
- 4 oz. ground turkey or chicken
- Cucumber
- Tomato
- Spinach
- 1 TBS hummus